The Voice of the University of Toronto at Mississauga

THE MEDIUM

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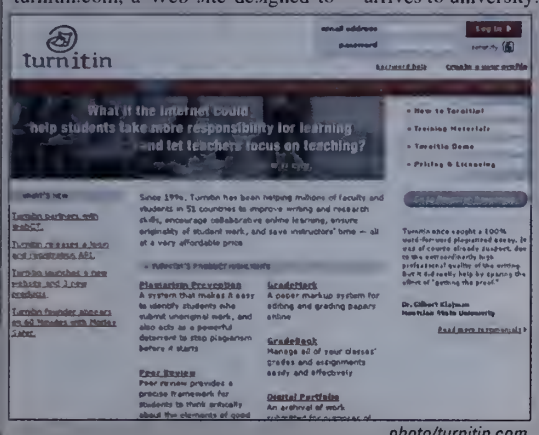
UTM professors use Web site to check student work for plagiarism

BY VIKRAM TANGRI

For years now, the Internet has been credited for starting an "information era". Some students use the Internet not only for research, but to obtain free essays and papers. Conscious of the growing problem of plagiarism, course instructors are starting to use the same technology to combat cheating.

It comes in the form of turnitin.com, a Web site designed to screen assignments with those already on the Internet.

The issue of plagiarism is a touchy one, since plagiarism comes in various forms. Students in elementary schools are not penalized for copying excerpts of books without crediting its source. High school students are taught proper footnote and endnote techniques, which completely changes by the time the student arrives to university.


turnitin
What if the Internet could help students take more responsibility for learning and let teachers focus on teaching?

photo/turnitin.com

The turnitin.com Web site offers a variety of resources.

Universities in Canada have historically been very strict on this matter. Dr. Tagabaki, professor of religion at UTM said that many countries in East Asia, have a tradition of sourcing quotes and ideas, but without direct page numbers.

Many professors require two copies of an assignment, one for marking and another to stay on file to match future cases of plagiarism. A new system has replaced this tiresome process. It's called turnitin.com

Created in 1996, the makers claim it is "used in 51 countries and has helped millions of faculty and students." 28 of the 90 Canadian universities use it. The idea is that all student work is cross-checked against any information on "public internet, published works, and the turnitin site."

All of this has some students fearing they may be wrongfully accused of plagiarism if their work by chance matched that of another.

"It could be that my work just happens to be similar to another's," said a second year philosophy student who chose to remain anonymous. "I might get busted for cheating when I didn't do anything."

Not likely, says a reassuring Dr. Nick Collins, associate professor of Zoology at UTM.

"Turnitin.com itself won't make any accusations," Collins said.

Combatting continued on page 2

Jitz!

photo/Adrian Barek

The game of choice in the Student Centre is foosball. The game has been in such demand that a second table was recently added near the existing one.

Finding a job is hard work for international students

SAC is addressing the issue but jobs on campus remain scarce

BY JULIE TYIOS

International students at UTM may find themselves left in the cold when it comes to job-hunting on campus. Government regulations make it difficult for international students studying in Canada to apply for a job in the Canadian workplace, even with a Visa.

According to government policy, international students are not entitled to work anywhere in Canada without proper authorization. The only exception is the campus students are attending for a post-secondary education. As noted on a tip sheet provided by the UTM Career Centre, international students are only allowed to work for the university or for any private business located on a campus that provides services to the university. International students are not limited to working at UTM, but may apply for jobs at the other two campuses. According to the International Student Centre, there are 5,262 international students attending the University of Toronto from over 141 countries, according to the International Student Centre.

Due to government restrictions, international students may only apply to schools in Canada if they are able to pay for the entire course of their education. As a result, U of T does not normally give financial aid to international students.

"When international students apply to university here, they only receive the authorization to study in Canada if they provide proof that they have the ability to cover the costs beforehand," Joan McCurdy-Myers, manager of the UTM Career Centre said. "We understand, that sometimes financial situations arise where an international student's status changes drastically, and those students are allowed to apply to the OSAP Work-Study program on a special basis."

International students are still eligible to apply for emergency loans as well as merit-based scholarships through Registrarial Services.

The Students' Administrative Council (SAC) is working to address the issue of international students being ineligible to work off-campus. "We're working with the Canadian Federation of Students (CFS), our national student union, as part of a larger movement that is happening across the country," Gengiz Ali-Seyhun, SAC's VP UTM said. "International students struggle just as much as the students here at home, and we feel this is an issue of accessibility," he said. "It goes hand-in-hand with a campaign the federal government has to keep post-secondary education open to only an elite sector of the population, especially as their policies for freezing tuition only applies to Canadian students."

International students may find themselves limited when searching for work to support themselves while at school. A number of part-time jobs, called Work-Study positions, are reserved only for students who are receiving Ontario government assistance with their education, also known as OSAP. These positions were created by the Ontario government at a time when universities could increase tuition for Canadian students, thereby deciding that only Canadian students were allowed to apply for them. International students are not eligible for government assistance and therefore are not allowed to apply for these Work-Study positions.

Finding a job on campus can prove to be difficult as the positions available are limited and are posted in the fall.

"In the spring, faculty and staff put in requests for job postings, which we make available to students the day after Labour Day," McCurdy-Myers said. "This year we had over 125 postings," she said. "The Centre for Physical Education and Athletics hires the most positions out of any employer on campus and the positions are open to anybody." Other places of employment on campus for international students include the Library, the Hitachi Survey Research Centre, Registrarial Services, Computing Services, and with Aramark; UTM's food services provider.

"You need to make good use of the resources provided in order to find employment on campus," Saira Quireshi, a fourth year student at UTM said. "International students are limited it seems by their status, but hopefully sometime in the future this will change and more positions will be open to everybody."

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QUOTE OF THE WEEK

"We feel this is an issue of accessibility."
- Gengiz Ali-Seyhun on jobs for international students

Book sale generates low turnout

BY DANIEL FILIPE MARTINS

With the chaos of the new semester slowly dying down, the Students' Administrative Council at the University of Toronto at Mississauga (SAC UTM) held their twice-annual book exchange last week with limited success. The not-for-profit service was organised by SAC UTM's Ministry for Student Life, staffed by SAC volunteers and commission members, and included some fifty books in various disciplines ranging from history to Italian to economics.

Students brought their used books to the SAC office in the Student Centre or the book exchange itself, named their asking price, and left the books in the care of SAC for the duration of the book sale. The following week, they could return to the SAC office to either collect their money if their books were successfully sold, or collect unsold books to attempt to sell them elsewhere.

Although 50 books seems like a respectable number, only five of

Bookstore continued on page 2

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Students search for summer jobs

By Sabeen Abbas

Students trying to get a head start on finding summer employment packed the Student Centre to meet with potential employers.

On Jan. 14, 2004, the Summer Job Fair hosted 27 different employers, representing a variety of career opportunities. From the Department of Foreign Affairs and International Trade, WorkopolisCampus.com to Community Living, there was something there for every job seeker.

Adrian Berg, events coordinator at the UTM Career Centre is enthusiastic about the Summer Job Fair because it connects students with the summer job of their dreams.

"There are a lot of summer job postings at the Career Center," Berg said. "The summer job fair was held to make it a lot easier for students to interact with employers. The summer job fair provides an opportunity for students to talk with employers about job opportunities and the skills they need to reach those opportunities."

Berg explained that many students are not aware that summer job postings are already listed and that many of the deadlines are in January and February. He said that students need to start applying for these positions now. Students who were unable to attend the fair can visit the Career Centre to view postings.

"The summer job fair has been really informative," Clayton Raymond, a first year commerce student said. "The career centre representatives were really helpful and willing to answer all of my questions."

Vaisnavi Sirditharan, a third year molecular biology student looked at the different job opportunities the fair offered and commented on the accessibility. "You don't have to spend hours searching the internet. It's harder to find out about these opportunities otherwise."

Ryan Edwards, a second year student, thought that the proximity of the information was great. "All the employers are in one area and it's easy to talk to them."

"The representatives were very approachable and were eager to share their knowledge," Anderson Chow, a second year student said. "They seemed to enjoy answering questions."

The Summer Job Fair was a great place to start looking for a summer job for students who haven't had an opportunity to start the search. It might be cold outside, but employers have already started hiring for the summer season, which is only three and a half months away. To avoid disappointment, don't delay.

photo/Career Centre

Students cruise the booths at the Summer Job Fair last Wednesday.

Combatting plagiarism

continued from front

"It will just provide information about the degree of similarity and provide the professor with a convenient way to examine those similarities."

Turnitin.com provides professors with a full report on the degree of similarity of every assignment handed in with others on the Internet. If a fair amount of similarity is suggested, the other paper is provided to the professor.

Normally, suspected students will have a private meeting with the instructor. The onus is on the student to prove his or her innocence. The matter may then go to the department's chairperson. University penalties range from an immediate zero in the course to expulsion from all Canadian universities, said Lynn Snowden, assistant vice president at UTM.

There are students who don't mind the new detection tool.

"I think it's good," said a third year biology student, "It will keep cheaters from stealing work off the net, and let students be evaluated based on their own work - not someone else's."

Indeed, that is the primary use of turnitin.com. The Web site does offer other unique features for instructors. In addition to keeping an updated portfolio of all your assignments, it provides a course calendar, where professors can put key dates and lecture notes. Like it or not, the Web site is an attractive tool to instructors. And more likely than not, it's here to stay.

Campus Police Reports

Jan. 9 to Jan. 16, 2004

Jan. 9, 2004 @ 12:15 p.m.
Motor Vehicle Accident:
Campus Police investigated a motor vehicle accident at Inner Circle Rd. Damage was light and there were no injuries.

Jan. 9, 2004 @ 5:15 p.m.
Damage to Property:
A student reported that a charter bus damaged a stop sign.

Jan. 12, 2004 @ 8:59 a.m.
Trespassing:
An officer issued two Provincial Offence Tickets to drivers using the construction access road.

Jan. 12, 2004 @ 10:10 a.m.
Theft Under $5000:
A student reported a theft from her hallway locker. Several items totaling approximately $60 were stolen.

Jan. 14, 2004 @ 2:40 p.m.
Motor Vehicle Accident:
Campus Police investigated a fail to remain accident. Damage to one of the vehicles was moderate and there were no injuries. The driver who left the scene was later located.

Jan. 14, 2004 @ 1:34 p.m.
Motor Vehicle Accident:
Two vehicles collided on Outer Circle Rd. Both vehicles sustained moderate to heavy damage. There were no injuries.

Jan. 15, 2004 @ 12:10 p.m.
Personal Injury:
Officers assisted a male student who hurt his ankle while tobogganing outside the South Building.

Jan. 15, 2004 @ 9:23 a.m.
Causing a Disturbance:
Residence staff asked Campus Police for assistance in dealing with a disruptive resident who refused to leave the Housing Office. The person had left before officers arrived but the resident was located and spoken with.

Bookstore alternative

continued from front

them were sold to interested students, and the total volume of books was only a fifth of SAC's September book exchange.

That sale drew a total of 274 books from students, 83 of which were sold.

The coordinator of the event, Zeeshan Baig, stated that the service was first implemented this year as an alternative to the book resale service offered by the UTM bookstore. "It's all about service to students," he said. "We don't want the students getting ripped off [by the bookstore]."

Ali Sana, the minister for lobbying and advocacy, put a finer point on it with the wry observation that, "If they're going to pay me $20 for a [new] book I bought for $120, they can at least do it with a smile."

Baig attributed the low turnout to a lack of advertising in the first week of the semester, as well as a relatively sequestered location in the Student Centre boardroom (Baig would have preferred to hold the event in the pub). In addition, the big book-buying period is usually in September, the starting point of full- as well as half-credit courses.

SAC volunteer Alina Konstantin believed that high asking prices could have discouraged potential buyers as well. "Everyone thinks they can just jack up the prices," she said in disapproval. "People need to realise it's a used book sale."

SAC UTM, encouraged by the success of the September book exchange, plans to maintain the bi-annual exchange program in future years.

Fierce lyrics fly at freestyle battle

By Stephanie Lazarevski

I'm gonna cut you up like Paul Bernardo / people gonna look for you like they Findin' Nemo / You lick your lips like you on crack / but I just had your momma moanin' on her back! Insulting lyrics filled the Blind Duck Pub on Jan. 15, 2004, as rappers filled the stage during *Display Rage Set II*.

Pub staff doubted efforts by Jay Urbiztondo, third year CCIT and Economics student and organizer of the event.

"I had everything working against me. The Pub told me to cancel it because of the weather. They were scared that I wasn't going to get enough people in."

The freestyle battle and talent showcase brought approximately 300 patrons into the Pub. Another hundred people were turned away at the door, due to ID and intoxication problems. Others simply left because of the long line-up. Urbiztondo apologizes to those turned away, "It was out of my control. If it were up to me, there would be 500 people up in that pub."

"Everybody showed up at 10:00 p.m., we weren't ready. We couldn't let them stand out in the cold, so we brought the line-up inside the games room," Mike Thomas, BDP staff, said as he walked around the crowded dance floor. The Pub even ran out of hangers for their coat check.

photo/Stephanie Lazarevski

You talkin' to me? Two freestylers face off at *Display Rage Set II* at the Blind Duck Pub last Thursday night.

Despite rough words pumping from the speakers, the event went very smoothly. Urbiztondo's own group, *M-Way*, gave an outstanding performance, mixing lyrical creations with hip-hop beats played on dhols (Indian drums).

The night progressed and the insults increased.

"A lot of people got to stop pretending and bring it to reality," rapper Anthony Door, commented on the other talent. Over 18 rappers battled for first place. Unfortunately, six others were turned away at the door. The finals consisted of Vurze Wun, Spek, Lyrical, Bless, Anthony Door, JOV, and C-Link. Rapper, ChinaMan made it to the finals, but due to a family emergency, gave his position to Bless.

> "I had a lot of my friends helping me out. We didn't care about the money, we just wanted to let everyone have a good time."
> - Jay Urbiztondo

The last battle, between Lyrical and Vurze Wun, ended prematurely after Lyrical's first round. DJ Mayhem started the beat for Vurze Wun and the crowd watched him give the mic back to Lyrical. When asked why he forfeited Vurze Wun said he had to "give respect where respect is due."

Lyrical graciously accepted his $200 first place prize and dedicated his winning to his "boy, Prince." Rapper Prince then took the stage to thank Lyrical for teaching him how to rap.

Anthony Door did not see the beauty in the battle, "I came to hear a battle, not to see him hand over the mic." Urbiztondo also did not approve of the forfeit, disqualifying Vurze Wun, and awarding second and third place prizes to C-Link and Anthony Door, respectively.

Overall Urbiztondo was pleased with the evening, "I had a lot of my friends helping me out. We didn't care about the money, we just wanted to let everyone have a good time."

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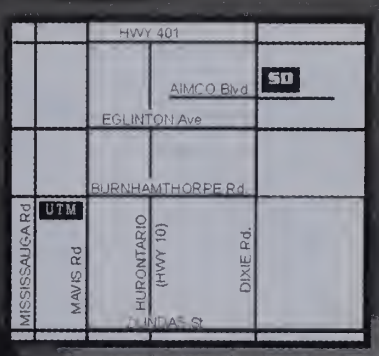

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Editorial

THE MEDIUM

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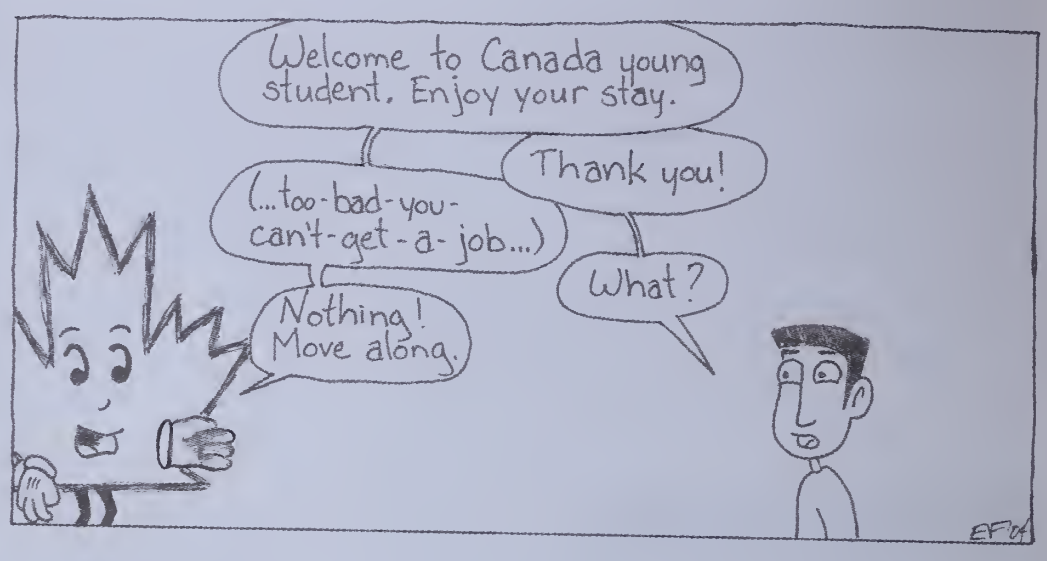

To cheat or not?

EDITORIAL

There's a misconception with the cheater-catching Web site called Turnitin.com. Contrary to what many may think, the system is not intended to frighten students or even constrain their writing or creativity. Educators want to reinforce the seriousness of committing plagiarism.

According to the California based business turnitin.com, the Web site deters plagiarism for approximately six million students and educators around the world. Nearly 20,000 papers are received per day. Turnitin.com has been detecting cheaters for nearly 10 years. A group of researchers at UC Berkeley developed computer programs to monitor the recycling of research papers. The researchers teamed up with a group of educators to create Plagiarism.org, the world's first plagiarism detection service.

It's unfair to educators at the university level to waste classroom time to outline the seriousness of plagiarism. Just like researching and essay writing, these should be basic skills that students developed prior to university.

I used to plagiarize. In elementary school I copied school projects and assignments directly out of text books and I was still awarded top marks for my "achievements". The fundamental problem is elementary school students are taught that stealing other people's information is acceptable. I know it would be difficult to explain the process of paraphrasing to an 8-year-old, but allowing the student to copy directly from a text book is creating more harm than good. I didn't know what plagiarism was until one of my professors in first year lectured the class on how to avoid plagiarism and the consequences of getting caught.

Instruction on how to properly research a paper should be taught at the elementary and secondary school level. Instead of letting students copy sentences verbatim, educators need to start training these young minds on how to properly research. By the time they reach the post-secondary level they'll know how to avoid plagiarizing.

There's nothing innocent with deliberately purchasing essays and reports from Internet sites. There are different forms of plagiarism, taking material from books and articles and more conveniently, the Internet. But how convenient is the Internet? For the amount of time it takes a student to sort through unreliable sources and papers, that same student can sit down a produce a well researched, thought provoking paper. The Internet, or the "information highway," as many call it, is serving its purpose. Information is readily available, however, more people are stealing works and ideas.

Remember the famous saying, 'once a cheater, always a cheater?" Cheating will always occur. It's part of human nature and sadly a Web site will not change that. We live in a competitive world and sometimes job demands or family obligations may interfere with school. Desperate students may restort to the Internet for "help." The Internet is a quick fix, but is obvioulsy not the best alternative. For some students it's the only answer when the trying to race against the clock. Unfortunately some would rather risk their education by handing in a stolen essay, rather than taking a late penatly and handing in a properly researched paper.

Plagiarism isn't avoided by randomly dropping in a reference. Plagiarism can be avoided when students are aware they are plagiarizing. Learn how to paraphrase or quote directly. Make little notes next to researched information to indicate if it's paraphrased information, information from a source, article or from the Internet. It's frustrating going back to written notes a week later not knowing or remembering where the information came from. Avoid accidental plagiarism.

There is a finite amount that can be written about one particular topic. What will happen if different papers received by a professor contain similar information because the writer's had similar thoughts? This may lead to false accusations. Even if turnitin.com says there is a high likeliness that a student paper is plagiarized, how can this really be proved?

The Medium is published weekly by Medium II Publications, a non-profit, incorporated student organization. The opinions expressed within are those of the writers and editors and do not necessarily reflect those of Medium II Publications. **The Medium**'s mandate includes informing students of local and national concerns, and giving Erindale College students an opportunity to practice journalism. Frustrations courtesy of late Sports Editor.

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Canucks need to stop complaining and start dressing appropriately

Dear Editor,

I really wish people would stop complaining about the weather. Take a look around.We live in Canada, not Hawaii. Surviving the winter in Canada is quite simple.Purchase a warm jacket, wear gloves and a scarf and warm shoes.

I've never seen so many students arrive to class with hot chocolate and coffee cups. It's funny though, because those students are usually the ones arriving to class wearing teeny tiny sweaters and thin coats.

I thought York University held the title for fashion queens, not UTM. Listen to weather reports and take a look around.

I give it a few more weeks before those same students start showing up to class with tissue boxes. I'm not looking forward to the coughing sneezing and classroom germs.

Mike D'Angelo

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Arts centre purchase a waste

Dear Editor,

Did UTM really need to purchase the Springbank Visual Arts Centre? (Erindale purchases Springbank Art Centre/***The Medium/Issue 15/Volume 30***)

It's amazing how the university enjoys blowing money foolishly, even if the money is coming from the operating budget. We have a new Wellness Centre that's going to be built that desperately needs money. I'm very surprised that the university isn't going to charge students for this new addition.

UTM is probably the only foolproof campus located in the Greater Toronto Area. We only have a handful of buildings. The South Building is very visible to first time guests. Try improving the signage on this campus and the parking situation.The new building is simply a waste.

Elizabeth Sanders

NOTICE

The Medium's Board of Director's are open.
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Nominations close on January 23
at 5:00 p.m.
In the event of an election, it will be held on
February 2, 2004.

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OPINION

New fashion accessory creates mixed emotions at UTM

By Maria Nguyen

I'm so sick of Louis Vuitton.

You have seen it around campus. I'm certain you have. And many of you will agree with me. It's ugly.

For those who don't know what I'm talking about, you'll find out the next time you go to class. They're the wallets and purses and handbags that bear the same pattern: Cream-coloured or white leather with brown trim and strap and a really bright design that you cannot miss.

The design consists of an organized repetition of the Louis Vuitton monogram – the initials LV and something that looks like a four-sided flower – in a spectrum of colours and sizes.

I know the fashion world is going back to the eighties now with its off-the-shoulder shirts and Adidas sneakers, and that's cool with me. But this Louis Vuitton bag is an unforgivable exception.

The first time I saw a Louis Vuitton purse was in the summer. A friend of mine had bought a fake one in Vietnam. She told me that Louis Vuitton purses are in now. She was right. They are in. Just the other day I caught six girls in the South Building hallway sporting the same bag … in less than half an hour.

But just because it's an expensive bag doesn't mean it's nice. Then again, people who follow trends don't buy things like this because they're nice. They buy them in hopes that ownership of brand name items will elevate their social status. The purse, no matter how ugly, makes the statement, "I worked my ass off to buy this $300 bag (or however much it is) but it's Louis Vuitton and that makes me hip and fashionable."

Why am I pressing my opinion on you? I don't expect people to agree with me. In fact, almost half the female population of UTM owns this bag anyway and will disagree with me. I'm just curious. What makes this bag so popular? What appeals to you? Is it the multicoloured monogram? Is it the crude, bulky shape? Hey, I'll give it one thing. The multitude of

colours catches my eye every time. But every time the same thing comes to mind: "It's so ugly. What were you thinking?" I'm surprised it's lasted more than a season. Maybe I'm just a fashion rebel that can't recognize Louis Vuitton's true beauty. Though I know this much. I'm not going to let some rich corporation accessorize me in a hideous, stuck-in-the-eighties-phase handbag to help me look more feminine or cooler or more fashionable. I don't need somebody else's name to identify myself. I own me.

School interferes with sleep

By Carlos Aveda

It is 7:20 in the morning. The sun has not quite peeked through the cloudy sky, but somehow university students are supposed to be wide-awake and prepared for early morning classes.

I glance around the room and what do I see, men and women with blurry eyes and half-drooping lids, open mouths to hold the expression of shock at the sleep-deprivation torture they are forced to endure five days a week.

Is this really the most effective learning environment? Fresh ideas are supposed to come from the students, not just the teachers, but many can hardly manage more than a gruff rumbling noise.

To be fair, several do manage to cock their heads up once the teacher begins, but the vast majority remain too worn out even to wipe the spittle from the corners of their mouths, let alone discuss the intricacies of Ernest Hemingway's use of symbolism.

When students are forced out of bed each morning, they sacrifice their ability to retain information and focus on assigned tasks.

Furthermore, this shadow of sleepiness cast over every student does not end with the first class; students cannot simply snap out of their dazes once second period rolls around.

On weekends and school vacations, when students are not burdened with the frightening call of the alarm clock, they sleep from two or three in the morning to about 11:00 a.m. If they naturally gravitate to staying up late and sleeping late, why don't universities accommodate students instead of forcing them into a highly unnatural sleep schedule?

Many students are caught in this vicious cycle. They do not get to sleep on time because they need to finish homework.

Failing to do so, they are up far too late to get enough sleep for the following day.

It continues until exam time, when students have four months to pursue the ten hours a night. That's not fair.

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anonymous by Nick Maandag '04
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Resume Critiques: Wednesday, Jan. 21, 11:30-4:00. First-come, first-served sign-up.
Career Panel: Writing & Communications: Wed Jan. 21, 1:00-3:00, Student Centre.
Now That I'm Graduating, What's Next? Wed Jan. 21, 10-11 and Thurs Jan 28, 2-3.
Forensic Related Careers in Business, Science & Tech: Thurs Jan. 22, 12-2, Student Centre.

Sign up for events online at www.utm.utoronto.ca/careers

Arts & Entertainment

New British *stars sail* into Toronto for music, and a good time

By Jenny Jolie and Nadine McDonald

James Stelfox hails from Lancashire, England, and makes up one-fourth of the band **Starsailor** - he plays bass.

The tired, though relaxed, artist, met **The Medium** at The Rivoli on Friday, a day before the band played The Guvernment.

Medium: So where did the name for the band come from?

James Stelfox: It came from a **Tim Buckley** album, called *Starsailor*. We were going through name changes, and we came up with Starsailor. I think the manager suggested we stick with Starsailor - and we were going "Yeah!". We loved it.

M: On your latest album, you worked with the legendary **Phil Spector**. Describe that experience.

J.S.: It was good, and it was bad. It was interesting for the first two weeks working with him. He's a living legend, really. He produced "Imagine" and **George Harrison**'s "All Things Must Pass". To work with him on some of the songs was good, he added a good bass-line.

That's great, but then once the novelty wore off, we were working in different directions really. He was heading in a completely different direction. We just had to put an end to it.

We did seven tracks, but we only felt two were worth putting on the record. That was pretty much the end of the road for us. He didn't take it very well.

M: No? I was thinking that because he's famous for working with Motown-style groups, like **The Ronnettes**, that your sound would be slightly….

J.S.: More that way?

M: Yeah, more that direction.

J.S.: Phil didn't have massive influence on our style. I mean, he's heavily medicated now. Because he's admitted in the past that he's schizophrenic.

So it's pretty strange to see him some days. He acts strange but will have good ideas. It was great though, we had him for two weeks and it was magic.

We'd be sitting down and he'd talk about **John Lennon** and **Paul McCartney** - he really defended John Lennon. It was like having an old great uncle.

M: With all the different kinds of music out there, where do you feel you fit in? Or, do you want to fit in?

J.S.: To an extent, if we don't fit in then we won't get a chance to break that code really. All we can do is make music.

So, this record's done really well - it's slightly different sounding from the first. But we try to please ourselves. But to fit into a category? We're not really sure where we fit in.

M: Do you feel the arrival of **James'** [**Walsh**, vocals/guitar] daughter has influenced the band's music?

J.S.: It's made him a much better person. We toured for twenty months nearly, solidly. In that time we had about one month off, and twenty months of touring can be exhausting.

He wasn't good to be around at that time. He wasn't doing anything, he was just this guy being obnoxious.

He took a bit of time out, though, and he had the baby. This baby's changed him, in the best way possible. Now we're touring again.

M: So, you just got back on the road? How's it been?

J.S.: It's been great. In England, we had shows that sold out in like, five minutes or something. And Europe was really good, then we went to Asia, which was great, and now we're here.

M: Have you had a chance to see much of Toronto?

J.S.: This is like our fifth time in Toronto. I know Yonge Street very well, we've been drunk here every time we come - stumbling out of these bars. The Black Bull - I've had some heavy sessions in there.

M: Do you get spend a lot of time in London?

J.S.: Yeah, we spend a lot of time there. We spent about a year there recording the album.

M: Is London any different from Lancashire?

J.S.: People in London are more arrogant. They think people from up north are thick. Too many record company wankers as well.

Pisses me off. It's frustrating to talk to them, they try and tell you about the music.

M: Meanwhile you're in the band…What did you buy with your first paycheck?

J.S.: I bought a brand new bass. It's quite boring but I've always wanted a **Fender** bass which was made in the 70's. It's about 3000 pounds. So now that I could afford it, I got two [motions playing bass].

M: Describe your whole song-writing process.

J.S.: It depends on the song, really. Sometimes a song gets written in rehearsal, on tour.

One time we had this disco beat, and James came up with the words.

So it really just depends on the song really.

M: Is there anything in your stereo at the moment?

J.S.: The last album I bought was **Jane's Addiction** - the new one. And **The Strokes**' new one.

M: How do you feel you fit in with the other British bands breaking North America?

J.S.: I'd probably say **Coldplay** is one of the biggest bands in the world. They're probably one of the biggest bands since **Oasis** - since **Radiohead**.

So we're still quite small in comparison, but I prefer it that way.

It's hard to sell that many records, and keep your fect on the ground.

There's so many drugs on hand, you just end up fucking yourself up.

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THE BLIND DUCK

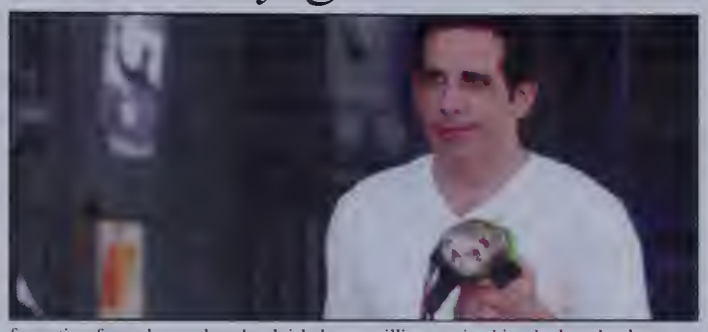
Karaoke Tuesday's start up this week!!! 9p.m., No Cover.

Can't Get No Satisfaction?
Come out for the Decades of Rock Pub this Thursday!
Doors open @ 10p.m., $4 cover, FREE coat check!

A U.T.M. TRADITION

Ben Stiller makes *Polly* give a cracker

BY ADAM DOMENCHINI



There is something very appealing about **Ben Stiller**'s comedies. With his boyish charm and innocence highlighted by an almost subtle, **Chevy Chase**-like demeanor, Stiller is one of the most popular and reputable funny-men around. In his new movie *Along Came Polly*, Stiller once again succeeds in bringing a much enjoyable romantic-comedy to life.

Ben Stiller (*Meet the Parents*) plays the role of Reuben Feffer, a neurotic germaphobe who makes an honest and uneventful living working as a risk assessor for a reputable insurance company.

Feffer thinks he has found true love in marrying his long time fiancée Lisa Kramer (**Debra Messing**) but while honeymooning in Barbados, Feffer catches his new wife in bed with a scuba diving French nudist played by **Hank Azaria**. Obviously distraught, Reuben storms out and returns home alone.

To cheer himself up, Reuben heads to a funky, new-age art exhibit with his childhood friend Sandy (**Philip Seymour Hoffman**). There, Reuben meets a former classmate named Polly Prince (**Jennifer Aniston**). Attempting to get his life back on track, Reuben summons the courage to ask Polly on a date.

He soon finds out, however, that Polly has undergone a dramatic transformation from the nerdy schoolgirl she once was. Polly is now a beautiful tattoo bearing, salsa dancing, fly-by-the-seat-of-her-pants type gal, whose indecisive and impulsive lifestyle starkly contradicts Reuben's. Putting these qualities aside, he slowly falls in love with Polly, making many sacrifices along the way to both his health and methodical lifestyle.

Despite having Inflammatory Bowel Syndrome and a significant distaste for spicy foods and Latin dancing, Reuben endures countless trips to Indian restaurants and secret dance lessons in order to prove to himself that his feelings for Polly are true, and that his sacrifices are warranted. Happily, scenes involving his digestive woes and uncoordinated nature highlight some of the funniest humour of the movie!

Though opposite in many respects, Reuben and Polly set aside their differences to make their relationship work. All goes well until the return of Rueben's regretful wife Lisa. She is now willing to give him the love he deserves.

This adds complexity and confusion to Reuben's situation - he is now faced with the decision to pursue a relationship with Polly and a refreshing new way of life, or return to his apologetic wife Lisa, whom he still has feelings for.

In ways only he is capable of, Ben Stiller provides yet another hysterical comedy in *Along Came Polly*. Although old themes, including funny bathroom scenes and obscure pets, take away from the movie's originality, this romantic comedy has much to be proud of.

There is little chemistry between Stiller and Aniston, but it is helpful in accentuating their on-screen character differences. In addition, the supporting cast including Hoffman, Azaria and **Alec Baldwin** are a surprising bright spot of the movie, adding significant humour to a well-written script.

Even if comedies really aren't your thing, *Along Came Polly* will definitely crack you up!

Art is the best thing since sliced bread

BY MATT LAFFRADE

January 16 - February 21 2004
Attack of the Sandwich Men
Chris Cozier
Curated by Andrea Fatona
Opening Reception Friday January 16th 7 - 9pm

Attack of the Sandwich Men is the latest creation from artist **Chris Cozier**, currently being held at the **ASpace Gallery** in Toronto.

Cozier's newest addition to the art world consists of two hundred and seventy individually wrapped sandwiches. The wax paper is held in place on each one by a hand-painted flag of Trinidad.

Occupying the floor of the gallery in a 10x27 manner, the sliced white bread sandwiches are a symbol of the progress in the Caribbean, when sliced bread from outside sources showed upward mobility.

The flag on each sandwich is to show a national identity even amongst the strong forces of repression and the movement towards modernity.

The way these sandwiches are presented is hard to explain as there are more outside mediums to accompany them in the gallery.

Pointed at the sandwiches there are two lights, one from the floor and one from the ceiling. The manner in which the light on the floor is placed leaves a shadow on the wall of all the flags. This shadow resembles a miniature city.

I mentioned this to the artist during the opening reception, and he explained to me how the light and the shadows just naturally happenned during the setting up of the show, and wasn't planned on.

He also told me it looks really interesting to see people walk around the display as their shadows grow and shrink amongst the shadows of the flags and a painted chalkboard on the wall.

Also accompanying the sandwiches is a video montage of Trinidadian life including houses on a street, children in a classroom and a man scribbling on a chalkboard, all of which are separated by footage of Cozier wrapping sandwiches.

The film, which is looped during the showing has sound, but I didn't hear much because there was also opera music being pumped through a loudspeaker, occasionally cutting out into spoken word.

When speaking to Cozier later in the evening he told me there was a book at the front for people to express their memories of white bread. These writings will be put out on his website later on.

Cozier is a talented artist and some of his work is included in the hallway leading to the gallery.

He has had many solo shows, most of which were in Trinidad, but also in Copenhagen and Alabama.

He explained that this was a very personal journey that he took for this project.

It was a pleasure to meet an artist who truly believes in his work.

If you really enjoy art go to A-Space gallery and see this show.

Attack of the Sandwich Men runs until Feb.21 at A Space Gallery, 401 Richmond Street West, suite 110.

Features

Unnamed crisis invades the lives of Erindale students

By A. Newsworthy de la Cruz

When asked about the crisis ripping apart UTM, a third year student replied, "Yeah, it's a crisis, and it's ripping apart UTM."

Never before has UTM faced such a problematic issue concerning the future and well- being of campus life, students' welfare and the overall good of humankind in the universe.

I confronted council-chair-president-sub-commander-lieutenant of the governing student council association about the problems ripping apart Erindale.

"Well, I have to say that we have key people in key places making key decisions, and it's not easy finding a solution to the multiple problems, because this isn't just one issue. It's many issues and many problems..."

I got bored of the redundancy of his response so I blanked out and began to check out girls. I did, however, catch the conclusion: "To sum it all up the key issues will be dealt with, and the problems and issues will be dealt with, as well as any other grievances of any sort. We just want what is best for UTM students. GO LEAFS GO!!!"

> "I got bored with the redundancy of his response so I blanked out and began to check out girls."

In order to get a different perspective, I approached a third year commerce major in the South Building who had been following many of the key issues.

"It sucks, the whole $#@$#%ing thing sucks. I mean, I'm here studying, working hard in my Diesel shirt, with my Diesel jeans over my Diesel underwear trying to get noticed by chicks, and I end up driving my Acura home alone. We, as very fashionable Erindale students, should not have to put up with this bullshit y'know. Yo, check out that chick in the Parasucos over there."

Yes, indeed the chick was a "very fine beeyotch." I pressed on to the North Building for other opinions regarding the crisis.

"Ummm, I really don't think they are doing a very good job, whoever is in charge. They don't think about the students as a whole," said a fourth year English student.

"How do you feel personally about the matter?" I asked.

"I'm sorry, I'm not comfortable sharing my personal ideas outside my circle of friends or even inside," was the reply. "I lack the self confidence to express any independent thought that I have. Stop harassing me and let me be, you bastard; you've ruined my introverted daily routine."

OK, fine. I'll ask someone else.

"Well, if Tim Hortons was open twenty-four hours, that would solve many problems," replied a second year Society and Expert basket-weaving theory undergraduate.

"Actually, that in no way would have any effect on anything," I said.

"Well, I think it's a good idea, though you obviously don't see the good that it would do. While there would be no immediate impact, everything would happen gradually over time through repercussive fundamentals reciprocating the nonsensical objectiveness towards harmony and human transcendence to an idyllic paradise we can create here on Earth, even in Mississauga."

> "Erindale students impatiently await the outcome in fear and paranoid dread."

Alex Dela Cruz, a 13 year Language and Literature student, gave his insight. "I think we're paying too much tuition and the problems here concern us all. I mean, I've wasted a lot of my life here at Erindale, avoiding the real world, and I'm sick and tired of people who think they know everything. They should be shot and tortured with those really nasty Medieval Catholic torture devices that were used on thousands of innocent people in the western civilized world."

Man, what kind of drugs is this guy on? And what the hell do you do with a French degree anyway? He smelled kind of bad too.

As bad as the crisis might seem, it may be getting better or even worse. The crisis may have even turned into a disaster or perhaps a catastrophe, or just something not good. In any event, Erindale students impatiently await the outcome in fear and paranoid dread. Hope and unity is what we need to overthrow the forces of evil here at UTM. Evil shall not prevail; darkness shall not grow over our beloved walls; the shadows of the wicked must be slain. Or lost we shall be for all eternity as our immortal souls will be forever trapped in Oblivion.

CLUBS CORNER

For the week of January 19-23

January 21 - *PAUSE* will have a speaker from the *Peel Distress Centre* on Suicide Prevention @ **6p.m.** in the Student Centre Presentation Room. Free Pizza!

January 21 - *Fulfilling Dreams* is holding a movie fundraiser to help victims in the Iranian Earthquake from **2:00p.m. – 4:30p.m.** in the Student Centre Presentation Room. Come see the subtitled movie, *'And Life Goes On'* (aka *Life and Nothing More*), by popular Iranian director *Abbas Kiarostami*, and enjoy Iranian food.

Style and Profyle Dance Classes – in the BDP Dart Room
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Style and Profyle presents: La Rouge Night – **Fri. Janary 23**
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Email for more information: styleandprofyle@cogeco.ca

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Johanna Kristolaitis, Features Editor

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FACE IT: WE'RE GETTING OLD...

By Johanna Kristolaitis

Last week, I received this in my e-mail inbox from a friend of mine that forwards a lot of these kinds of things - you know, the slice-of-life, friends-are-important, funny and/or touching manifestos. I usually read them once and hit delete, but this one said a lot of things about life in and beyond university, about finding ourselves and facing the future. So instead of hitting delete, or sending it on to everyone in my address book, I thought I'd share it with all of you. Whether you're technically twenty-something or not, we're all together in this confusing state of student-hood, one foot in the familiar home of adolescence and one on the winding path to adult independence. Whatever lies around the bend, I wish you good luck on your journey.

Being Twenty-Something

They call it the "Quarter-Life Crisis." It occurs when you stop going along with the crowd and start realizing that there are many things about yourself that you didn't know and may or may not like. You feel insecure, wondering where you will be in a year or two, but then get scared because you barely know where you are now.

You start realizing that people are selfish and that, maybe, those friends that you thought you were so close to aren't exactly the greatest people you have ever met, and the people you have lost touch with are some of the most important ones. What you don't recognize is that they are realizing that too, and aren't really cold, catty, mean or insincere, but instead, just as confused as you.

You look at your job and it is not even close to what you thought you would be doing. Or maybe you are looking for a job and realizing that you are going to have to start at the bottom. That scares you. Or you are still in school and wonder what the heck you're going to do for a job when you're done.

Your opinions have gotten stronger. You see what others are doing and find yourself judging more than usual because suddenly you realize that you have certain boundaries in your life and are constantly adding things to your list of what is acceptable and what isn't. One minute, you feel insecure, then secure the very next. You laugh and cry with the greatest force of your life. You feel alone and scared and confused. Suddenly, change is the enemy and you try and cling on to the past with dear life, but soon realize that the past is drifting further and further away, and there is nothing to do but stay where you are or move forward. I suggest moving forward, if you can.

You get your heart broken and wonder how someone you loved could do such damage to you. Or you lie in bed and wonder why you can't meet anyone decent enough that you want to get to know better. Or maybe you love someone but love someone else too and cannot figure out why you are doing this because you know that you aren't a bad person. Maybe things that used to be fun are no longer fulfilling: one night stands and random hook-ups start looking cheap; getting wasted and acting like an idiot starts to look pathetic.

You go through the same emotions and questions over and over, and talk with your friends about the same topics because you cannot seem to make a decision. You worry about loans, money, the future and making a life for yourself... and while winning the race would be great, right now you'd just like to be a contender!

What you may not realize is that almost everyone reading this relates to it. We are in our best of times and our worst of times, trying as hard as we can to figure this whole thing out. Share this with your twenty-something friends. Maybe it will help someone feel like they aren't alone in their state of confusion.

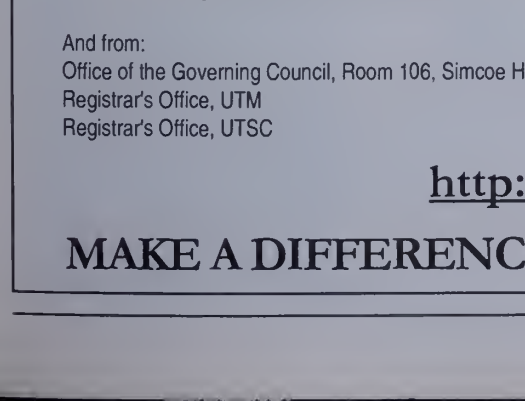
Sharks, squirrels, coconuts: where does the danger lie?

BY NERRAD EVORGLENS

I just sat through a three hour lecture on...well, nevermind, it doesn't matter, but I sat through it anyway. Outside the snow was cascading and piling up on anything thicker than a pin. You know that you're dealing with a special kind of snow when it piles up on the point of your aerial. When I got to my car I felt more like sledding down my windshield than digging it out, but cold heads prevailed and I dug.

The drive home was almost exactly as treacherous as you would expect: cars wiping out on the side of the road, flashing lights of fire trucks and cop cars and salt machines and plows, like some kind of Canada Day celebration except we were celebrating the destruction of peoples' automobiles and such. There was no end to the excitement. Snow is so pretty.

Last year at this time I was in South Africa. They don't have snow. Oh, they have problems, don't get me wrong, but no snow. In addition to the economic, social, political, racial and health difficulties, they have sharks. Coincidentally, they also have really good waves for surfing. Sharks are thinking: Mmmm, soft and bloody on the inside with a crunchy surfboard crust!



A friend of mine got his scuba certification in Hawaii, which also has sharks. He told me about this terrifying experience with a shark or some sharks (I forget the details), but it scared him more than he could convey. He was separated from his instructor and a storm was blowing in and there was a shark (or sharks) sharing his flipper space. He's dressed up like a seal and probably reeking of all-you-can-eat buffet and Pina Coladas while the world's most voracious predator is licking his 50 serrated, razor-like teeth and salivating over the prospect of devouring or perhaps just mutilating-for-fun this helpless blue man with yellow stripes, goggles, and a fat, juicy looking cylinder on his back. Accept it: one day you will be food.

That friend recently came back from California with a Great White tattooed on his bicep. I'm not sure if it was a tribute to, or in spite of, the incident in Hawaii. Nice tat though.

Now shark specialists will tell you that sharks only kill 60 to 80 people a year. That's a small number when you really consider it. It's only one or two people a week that are stalked like prey, recognized as food and devoured or separated from their vital body parts and left to bleed or scream to death as their necessary body fluids leave their body. You see, sharks don't really like the taste of human beings: not enough fat I suppose. Yet I've seen some...uhhh, nevermind.

photos/ web

Hard to believe this little guy could be dangerous; apparently squirrels bite more than sharks. But watch out overhead: coconuts are the deadliest of the three. :)

The shark enthusiasts would have you know that there are seven times as many squirrel bites every year as shark. Perhaps I'm dwelling on details, but when a squirrel bites you, he doesn't remove a limb or some of the organs in your chest cavity. It's a subtle difference but an important one in my opinion.

Do you think I'm being unfair to sharks? Do you think I'm generating unnecessary fear? Don't think me biased or wishful of their demise. I hope they exist for another 200 million years. They are as beautiful as the snow.

You want to know the real killer? You want to know the beast that kills twice as many human beings every year as all the sharks combined? You have to come in close because I don't want too many people to know. Unbeknownst to most travelers, the hairy brown beast, lurking in the tropical forest which kills twice, no, thrice as many men as the lowly shark, appears at first glance to be innocuous, but no. Look up into the swaying palm above your head. Do you see the little homunculus? He's waiting to skull you. Yes, I'm talking about the coconut. 150 people a year are killed by coconuts. If you don't believe me, look it up. And, if you think that's crazy, don't even get me started about the hippopotamus: they're more dangerous than a naked knife fight in the dark after an open bar at the tequila lounge.

Sure, I know the dangers of swimming in the ocean. I know the pitfalls of tickling the neighborhood rodents. I am even wary of prodding the African river horse, but the coconuts, I'm especially cautious of them. They can get you when you're sipping margaritas in your speedo on a lounge chair in the shade. No one has a right to get you then: not Jesus, not Budda, not Muhammad, and certainly not The Coconut. That's just not fair.

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Call for Nominations for the

GOVERNING COUNCIL

Nominations Open at 9:00 a.m. Monday, January 19, 2004

Nominations Close at 12:00 noon Friday, January 30, 2004

Positions Available:

For 1 year terms: July 1, 2004 to June 30, 2005:

8 Students:
4 full-time undergraduate students
2 part-time undergraduate students
2 graduate students

For 3 year terms: July 1, 2004 to June 30, 2007:

1 Administrative Staff

4 Teaching Staff:
Arts & Science *(Departments of Astronomy and Astrophysics, Botany, Chemistry, Computer Science, Geology, Mathematics, Physics, Statistics and Zoology)*
Applied Science and Engineering
Medicine (2)

Nomination Forms will be available starting at 9:00 a.m. Monday, January 19, 2004 on the Governing Council web-site: www.utoronto.ca/govcncl/

And from:
Office of the Governing Council, Room 106, Simcoe Hall
Registrar's Office, UTM
Registrar's Office, UTSC

Work of the Governing Council:

The Governing Council is composed of 50 members, including the President, Chancellor, 16 government appointees, 12 teaching staff, 8 alumni, 8 students, 2 administrative staff and 2 presidential appointees.

As the senior governing body, it oversees the academic, business and student affairs of the University. Decisions approved by the Governing Council affect all members of the University community.

The Council and its Boards are responsible for approving:

- Academic and incidental fees
- Establishment of new academic programs
- Admissions and awards policies
- University's budget and financial matters
- Campus planning and capital projects
- Personnel policies
- Campus and student services
- Appointment of senior administrators

Questions?

Contact the Chief Returning Officer at 416-978-8427 or c.oke@utoronto.ca

The membership of the Governing Council should reflect the diversity of the University. Nominations are, therefore, encouraged from a wide variety of individuals.

http://www.utoronto.ca/govcncl/elections/

MAKE A DIFFERENCE: GET INVOLVED WITH THE GOVERNING COUNCIL

Creative Writing

Field of Dreams

By Manuela Anamaria Rotar

Somewhere between sprinting over the green fields of childhood dreams and the dawning of her own thoughts, she came to realize that life, as she knew it, no longer existed. It was time she grew accustomed to the new rules of the game. It was time she left her innocence behind and propelled herself into the adult world. She hadn't realized how small the gap called "teenage years" was, nor how little time there was to prepare to take this jump.

She did not feel prepared to face the responsibilities included in this package called life that she was undoubtedly receiving. No one warned her of the thick air circulating amongst those tall creatures that walk as if carrying hundreds of years on their backs. This air is the kind of air that will not let you breathe tranquility. Rather, it will make you inhale the filthiness of hatred, competition, and in the end, survival of the fittest. She was not prepared to renounce her only means of subsistence, her dreams, held onto so tightly, those dreams that now, in the fast-paced environment, seem as far out of reach as the sun from the earth.

Somewhere, in this gap, the girl learned that people will no longer love her for her childlike innocence. She learned to consider herself lucky to be loved at all amongst the tall, inhibited organisms that laughed at her vivid dreams. Her dreams were a joke to them; those highly educated, tall living creatures, fugitives from feeling. If those monsters ever learned to love her, she knew that it would never be for the right reasons. The thought that someone could like her without really knowing her confused the girl even further. She felt as if she didn't belong in this world of ruthlessness, where people lived as machines, drained of emotion and empathy.

Somewhere between the world where a smile meant happiness, and the routine, where a smile is rarely heartfelt, she learned to distinguish the eyes that commit deception from those who tell the truth. She had trouble understanding why the sad eyes of the tall creatures never lit with happiness, or why their faces always looked plum, weary with a hidden sorrow found even in their most profound smiles.

It was somewhere between those years when she loved every being, and her dawning of thoughts, that the girl became like the rest of them - a part in the machine. She never fully agreed or understood why those beings were like that, but when she took the jump, she found that only by assimilating with them could she ever be accepted among them. Still, late at night, she continues to dream of eternal love, unprecedented peace and happiness for everyone, while she imagines herself running through the poppy-filled field of dreams.

Do you want all the content without the newsprint smudge on your hands?

Check out *The Medium* online at medium.sa.utoronto.ca

Poetry Corner

Erindale Park in Winter

By Nikola Nikiforovski

The turtles' pond still ices in the cold.
We used to skate that spot I pass today,
Whose swimmers sleep beneath the ground like old
'Cuz hockey only kids know how to play.
Blue carpets slip on down the only hill;
Wee pilots climb back up to be the king.
Falls, unforeseen, cause crying sometimes shrill,
But child fun lasts until the night clocks ring.
Then red-nosed tykes protest they need to stay,
Insist the snow from sky they still can tell;
And moms promise "We'll come some other day;
Right now your dad's not feeling very well."
They cross deep snow ("Hey, what's that yellow mark?"),
Smiling winter's fun at Erindale Park.

Reduce Speed Before Hitting Obstacle

By Nica Perez

Slow down your heart rate
To the quiet murmur of
a working bee
Until you can hear it ache
Until you can feel it hurting
Being eaten by maggots
By nerves
By stress
By him
By her
By yourself

Slow down your racing pulse
To the rhythm of a
soft moving ballad
To the ripple of an
ocean wave
On a quiet summer night
No tide
No wind
Just quiet blood vessels
working away

Slow down your thoughts
They are going a hundred
miles an hour
And you haven't learned
How to use the brakes
Nobody can teach you how
Nobody has a bloody manual

Calm down your jumpy nerves
Relax your clenched muscles
Take a long deep breath
Sigh as if your life depends on it
Think happy thoughts
Or just take a nap
Try to be you
It can't be that bad
People fake it all the time.

ECSU
Erindale College Student Union

Updates

SNOW DAY 2004

Hit the slopes of Blue Mountain on Friday, January 23, 2004. Tickets are $15 for lift and transportation or $10 for the lift only (rentals extra). Tickets are available at ECSU starting Monday, Jan. 5. Only 200 are being sold so buy now! Buses leave in front of the South Building 7 am and return by 7 pm.

Snow Day 2004 is sponsored by ECSU, SAC, UTMAC, and SCEvents.

ECSU is Looking for a Secretary.

A secretary is needed to take minutes at weekly board meetings. Contact vpadmin@ecsu-online.org for more information or bring a resume and cover letter to the office.

ECSU Wants Your Films

Drop off your 10 minute film clip at ECSU to win great prizes at the First Annual Erindale Film Festival.

Films

ROCK 'N ROLL THRU THE AGES

Come to the BDP on Thurs. January 22 and enjoy Rock & Roll from the past 50 years. Doors open at 10 pm.

Roll in the dough…$150 cash grab

Where To Find Us

Location: *Student Centre, Room 100*
Office Hours: *9:00 am to 5:00 pm*
(Closed for lunch between 12:30 pm and 1:30 pm)
Phone: *905.828.5429*
Website: *www.ecsu.ca*

Erindale Student College Union Council Members

- President - *Adil Mirza*
- VP Admin - *Pooja Jadwani*
- VP Finance - *Sean O'Connell*
- Clubs Commissioner - *Jon Lee*
- College Affairs Commissioner - *Melissa Shaw*
- Special Projects Director - *Jason Borchenko*
- Services Coordinator - *Katherine Kormos*

SPORTS

How much exercise is too much?

BY JAMES WALKER

The workout frenzy continues at the UTM Center for Physical Education. Most people are still holding to their New Year's Resolutions, and the gym is busier than ever. Unfortunately, those who are not used to exercising have to learn the hard way when it involves determining the appropriate level of exercise. There are several factors that influence your capacity for exercise, including: exercise history, lifestyle, how much free time you have, the type of exercise you are doing, the length of your exercise sessions, and how your body responds to the exercise. If you are still discovering the right amount of time to spend at the gym, here are several guidelines that might help you.

Start slow

If you spend three hours a day at the gym every single day of the week, and you have never exercised seriously before, you are in danger of injuring yourself and of "burning out". Among other things, burning out can mean loss of motivation, depression, weakness, sickness, and sluggishness. The most dangerous thing about burnout is that it creeps up on you; you don't know that you are doing too much until it is already too late. In many cases, you will feel fine right up until the point when you wake up feeling like you've been hit by a truck. I can almost guarantee that you will not go back to the gym for a long time. It is perfectly okay to work towards a higher dosage of exercise (if you know what you're doing), but beginning slow means you have a better chance of keeping your commitment to a healthy lifestyle!

Frequency vs. Intensity

In most cases, frequency should be inversely proportional to intensity. That means if you work really hard, you don't need to work out as much. Conversely, if you work out a lot, you don't have to work as hard! If you spend most of your time sitting in a classroom or behind a computer screen, you will need to do more exercise than someone with an active lifestyle that involves lots of walking or heavy lifting. You need to consider how much of your day you spend sitting, doing nothing, and then use your common-sense to decide how to balance that with physical activity. Exercise is part of a commitment to a healthy lifestyle, and will continue to be a part of your life for as long as you live. While going to the gym is one way of becoming healthy, there are other factors to consider such daily physical activity (ex. walking), diet, and spiritual wellness.

Variety

Some people are able and willing to work out every day. If you are one of those people, remember to give your body some breaks. Try not to work the same muscle group two days in a row, for example, work on your upper body one day, and your lower body the next. If you're doing cardiovascular activities, try running one day and cycling the next. This will help to break any monotony and constantly force your body to adapt to new stimuli.

Give Yourself a Break

It is okay to take time off. If you've been working steadily for a month and are leading a healthy lifestyle, you will not get any penalty for taking a week to relax and recover. A week off is nothing compared to all the time you have spent at the gym, and often your body will use this time to adapt and grow. It is better to take a short break, come back refreshed, and continue making long-term changes than to not take any breaks and either get tired of going to the gym, or simply burn out.

Get Back on the Horse

If you feel like you have failed by missing a week of exercise or eating all the wrong things, don't get down on yourself! Get back to the gym and keep going. You cannot "undo" all your hard work by a little weakness; the danger is in falling off the horse and never getting back on again. You are challenging a lifetime of bad habits, and that is not easy for anyone. You can make the change!

James Walker is a Personal Trainer for the UTM CPE. You can contact him at jwalker@utm.utoronto.ca.

Ball hockey roundup

BY MATTHEW CARRIER

The 2004 Men's Intramural Ball Hockey season is under way. The first week went smoothly as seven teams in division one squared off to determine who stood a chance of dethroning the defending champions, The Waterboyz. Once again Fury is the heavy favourite, winning numerous championships before its upsetting defeat in last year's final. Fury is not the only team with its eye on the title. Division two champions from a year ago, The Milkmen, have moved up and are planning on making their move for the title too.

The Penguins played the Rushian Army in the first week. Both teams came out strong and showed good technique throughout the game, but the Penguins came out on top, leaving the Rushian Army with a few kinks to work out for next week. The Penguins have the following week off, and can start planning for their game against Div. 2 Was Full.

The defending champions, The Waterboyz, took on Div. 2 Was Full in the second game. The Waterboyz resumed their triumphant track record last year, handing a 12–4 defeat to D2WF. But don't take this as an indication on how D2WF is going to perform. The Waterboyz have experience on their side, where as the rookie squad of D2WF have the necessary talent to compete against the skilled teams of the league.

The final game of the week saw Fury battle it out with Do Dat Daeah. Both teams played well, even with short benches. But as the game wore on, it came down to that one extra player for Fury, which really helped them bury Do Dat Daeah. Fury's endurance and skill allowed them to clinch the victory. Mike Sudeyko and Andrew Stewart played well as they lit up Do Dat Daeah from all angles. Last year's co-league leader in goals Mike Ross of DDD has started the year in a one game slump as he was forced to shoot from horrible angles. "I got assists but they mean squat in a scoring race", Ross said. He vows to pick up his play for his team's next game.

Game of the Week
Tuesday 4:00 p.m.

Without a shadow of a doubt the game of the week will be a repeat of last year's final and both Fury and The Waterboyz will raise the roof once again. Fury has made some improvements over the off-season and the fluke loss to The Waterboyz last season won't happen again. On the contrary, The Waterboyz will try and show, once and for all, that last season's victory wasn't a fluke at all, nor is its skill, as it plans on handing Fury the same type of defeat as last year. Who will win? Don't miss this clash between two of the top ranked teams this year.

photo/Louise Vanderwees

Fury's Bruce Worthington tries to stickhandle around Chris Deangelis of Waterboyz in last year's finals.

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www.michener.ca/radsci

UTM loses heartbreaker in five sets; still in playoff hunt

photos/Mehraan Pavri

By Jeremy J. Jackson

On Jan. 17, the UTM Women's Tri-Campus volleyball team played against the number one ranked St. George A-Team. Like every match the women have played so far this year, this one went the entire five sets.

As expected, St. George came out strong. UTM took advantage of St. George's lack of height in the middle. Unfortunately, due to some sloppy passing, St. George's offense could not be overcome in the first set.

The rest of the match was a back and forth battle. UTM managed to win the second set due to some amazing kill shots by rookie Julie Wasiuk from all over the court. UTM came out flat in the third set with no momentum at all. Poor passing resulted in a fourth set loss.

The fifth and final set was very close, because of a well played defense by libero Chelsey Davey and strong offense from Barb Sanders and Julie Wasiuk. Unfortunately the strong offensive and defensive plays were not enough. St. George edged out UTM 15–13 in the final deciding set.

Julie Wasiuk played a very good game, with strong passing and digging, but more noticeably was her impressive offensive play. From the back court alone she had 12 kills, which was more than any other player St. George or UTM had in total for the entire match.

UTM played well but too many errors cost them the match in the end. The next game is this Saturday at home versus the St. George B-Team at 4:00 p.m. The women must win this game to have a chance at contention for a playoff spot.

UTM has the 'cure' against Meds in men's volleyball action; win opening game of the term

By Jeremy J. Jackson

On Jan. 15, the UTM Men's Division One volleyball team traveled downtown to face Meds for the opening game of the new season. The UTM men knew this would be one of the hardest games of the season, as Meds lost in the final last semester.

UTM came out fast against an unprepared Meds squad, who could not get many balls past Chris Ogonek, Colin Doyle, and Haakon "Norway" Knoph, a front line-up with an average height of 6'5". Meds hitters could not seem to find many holes in the UTM's defense and lost the first set.

UTM came out slow in the second set due to some rotation changes that did not work out as well as they had probably hoped. Meds quickly took the second set.

UTM started the third set with the same rotation as the first game. Oganek dominated the middle, blocking the majority of the Meds' middle attacks. Cyrus Zahiri passed many serves with precision, which set up key attack opportunities for the UTM offense. These proved too difficult for Meds to handle. UTM took this set and won the match 2–1.

Come out and support the team in their next game on Jan. 20 at 8:00 p.m. which will be held at UTM.

University of Toronto at Mississauga

Centre for Physical Education, Athletics and Recreation

905-828-3714 www.utm.utoronto.ca/physed **email:** ath@utm.utoronto.ca

Volleyball Clinics

Have you ever wanted to learn how to play?
Do you want to brush up on your skills?
Everyone is welcome and encouraged to come.
No experience needed necessary!!

Date: **Jan 25, 2004**
Feb 8, 2004
Location: **Gym**
Time: **7 – 9 p.m.**

Clinic taught by former Olympic player ***Peter Stefaniuk.***

Cricket Tournament

Interested in playing in a
CRICKET TOURNAMENT
@ Sheridan College
on *Friday, January 23, 2004*?

Then come to the
try-outs on
Tuesday, January 20, 2004
from **12 - 2 p.m.**
in the gym.

Upcoming Co-ed Leagues

Indoor Soccer
Entry Meeting:
Wed Jan 21, 2004 @ 5 p.m.
Room: **1114**

Volleyball
Entry Meeting:
Thurs Jan 22, 2004 @ 5 p.m.
Room: **1114**

Basketball
Entry Meeting:
Mon Jan 26. 2004 @ 5 p.m.
Room: **1114**

Attention Ladies!!!
Please note that we now have "WOMEN'S ONLY HOURS" in the gym every Monday from 4 – 6p.m.